

Strength & Conditioning

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GUIDELINES

- Use slow and controlled movements.
- Keep the band tight throughout range of motion.
- Do not hold your breath.
- Complete 10-15 repetitions of each exercise
- Maintain proper posture and technique.
- Perform exercises on opposite side when applicable.
- Perform exercises in open area with enough space.
- Use a support to help with balance if needed.
- Discontinue exercise if you experience pain.
- Choose appropriate band based on desired resistance level (light, medium, heavy, extra heavy)

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UPPER BODY EXERCISES



- 1 | BICEP CURL**
Hold band at side. Using foot as anchor to secure band to floor, curl band up toward shoulder. Slowly return to starting position. Keep wrist straight throughout.



- 2 | LATERAL RAISE**
Hold band at side. Using foot as anchor to secure band to floor, raise arm out to side until hand is level with shoulder. Slowly return to starting position. Keep wrist straight throughout.



- 3 | CHEST PRESS**
Wrap band around back and under arms. With elbows and wrists level with shoulders, press band out until arms are extended. Slowly return to starting position.



- 4 | TRICEPS EXTENSION**
Anchor band at chest. Grip band with opposite hand slightly below anchor. Keep elbow tucked to side, extend arm down until straight. Slowly return to starting position.



- 5 | SHOULDER (EXTERNAL) ROTATION**
Anchor band at sternum. Grip band with opposite hand slightly below anchor. With elbow tucked to side and arm bent at 90 degrees, rotate arm away from body. Slowly return to starting position.



- 6 | UPRIGHT ROW**
Hold one end of band in each hand, arms at your side, step on center of band to anchor band to floor. Leading with elbows, pull band up until fists are level with chest. Slowly return to starting position.

LOWER BODY EXERCISES



- 1 | SQUAT**
Stand on middle of band with heels hip width apart. With body weight over heels, squat down as if sitting in a chair, arms straight by side, back and shoulders straight. Avoid bending knees past 90 degrees. Slowly return to starting position.



- 2 | CALF RAISE**
Stand on middle of band with toes. Hold band with hands at side. Lift heels off the floor. Slowly return to starting position.



- 3 | HAMSTRING CURL**
Wrap band around ankle, using other foot as an anchor. Curl your heel up toward your backside maintaining an upright posture. Slowly return to starting position.



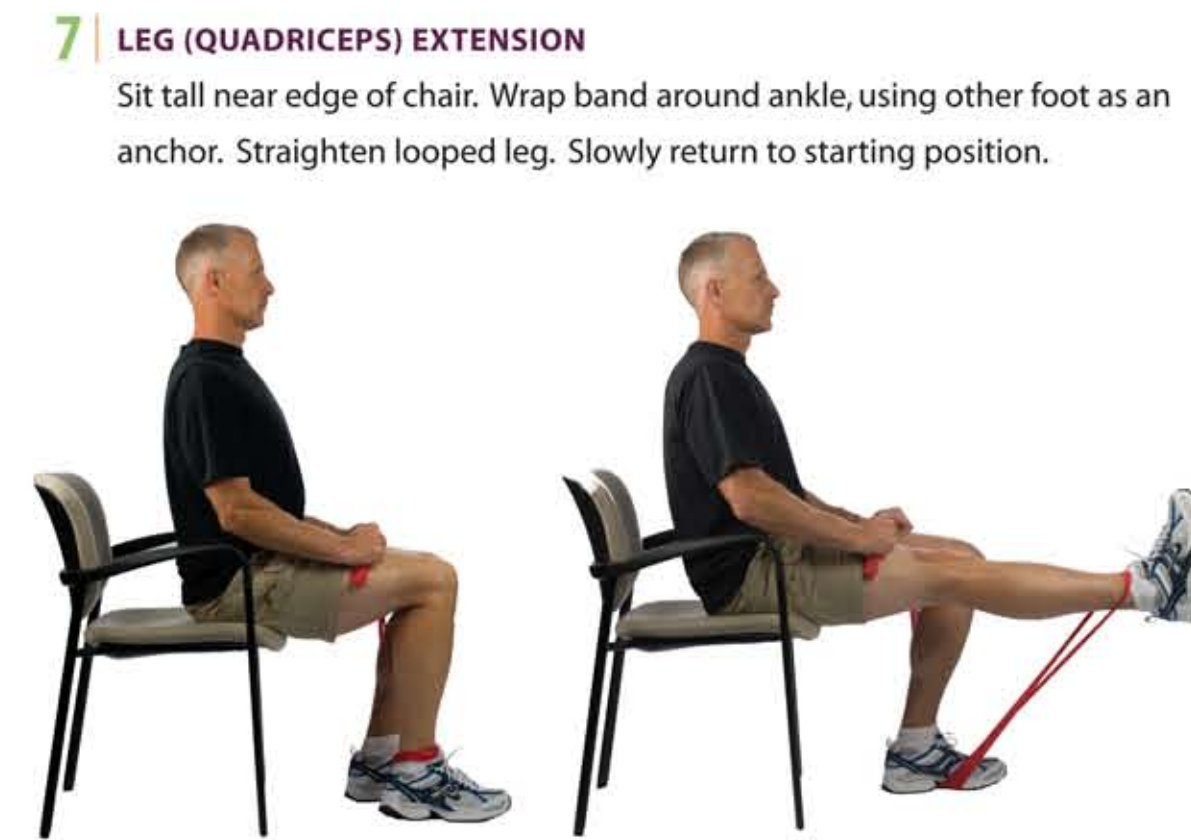
- 4 | HIP ABDUCTION**
Wrap band around ankle, using other foot as an anchor. Raise your looped foot out to side maintaining an upright posture. Slowly return to starting position.



- 5 | HIP EXTENSION**
Wrap band around ankle, using other foot as an anchor. Raise your looped foot behind you with a straight leg maintaining an upright posture. Slowly return to starting position.



- 6 | STANDING LEG PRESS**
Hold each end of band in hands anchored at hips. Step onto middle of band with one foot. Raise knee up toward chest. Press leg down to return heel to floor.



- 7 | LEG (QUADRICEPS) EXTENSION**
Sit tall near edge of chair. Wrap band around ankle, using other foot as an anchor. Straighten looped leg. Slowly return to starting position.